

Eligibility

We will support all Lincolnshire children and young people up to the age of 19 (25 if SEND or care leaver) who:

- Are ordinary resident in Lincolnshire or attend a Lincolnshire pre-school, school or academy (state-funded independent school)
- Are registered with a Lincolnshire GP and one of the above.

The service will offer support to parents and carers whose children meet the eligibility criteria above.

Training, advice and guidance will be available free of charge to all Lincolnshire pre-schools, nurseries, primary, secondary, special schools and academies who have met a set of minimum standards for accessing the service.

Priority will be given to vulnerable groups of children and young people.

Service delivered in partnership with



Contact us

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

如果您想要將本傳單用其他語言或格式，例如盲文、大號字體或音頻來顯示，請聯繫：

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Jeżeli chcieliby Państwo otrzymać kopię ulotki w innym języku lub formacie, np. w alfabecie Braille'a, w powiększonym druku lub jako nagranie audio, prosimy skontaktować się z:

Se pretende una cópia deste folheto noutro idioma ou formato, tal como Braille, letra de imprensa ou áudio, contacte por favor:

Если вам нужна данная информация на другом языке или в ином формате, как, например, шрифтом Брайля, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь:

Communications Team

Lincolnshire Partnership NHS Foundation Trust
Trust Headquarters
St George's, Long Leys Road
Lincoln LN1 1FS

E: communications@pft.nhs.uk

Every effort has been made to ensure that the information in this leaflet was correct at the time of going to print. However, changes in law may mean that in time some details in this leaflet may be out of date.

All children have the right to be safe from abuse and neglect. As a Trust we ensure that we hear the voice of the child and where required will take action to protect and prevent further harm. Help for a child is available via Local Authority Children's Services: 01522 782111 or ChildLine: 0800 1111

The Trust is fully compliant with the Data Protection Act and the NHS Code of Conduct

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Lincolnshire Partnership
NHS Foundation Trust

Healthy Minds
Lincolnshire



Information for
Professionals

Who are we?

Healthy Minds Lincolnshire provide emotional wellbeing support for children and young people up to 19 years old (25 if special educational needs/ disability or leaving care).

Emotional wellbeing is about being happy, confident and having good relationships.

Evidence tells us that early intervention, when issues arise, helps to prevent mental health problems developing in the future. That's why our service is focused on providing children and young people with early interventions to prevent emotional wellbeing concerns escalate into mental health problems.

We use evidence based interventions that promote resilience, normalise emotions and teach positive coping mechanisms.

Healthy Minds Lincolnshire is being delivered by Lincolnshire Partnership NHS Foundation Trust through a partnership agreement on behalf of Lincolnshire County Council.

What do we offer?

Children and young people

We will provide evidence based brief interventions either as a one to one, small group sessions, online CBT or sign posting to other more suitable services (depending on need). Vulnerable children and young people will be given priority.

Parents and carers

We will offer support and advice to parents and carers.

Training

We will support education and Children's Services professionals by providing bespoke training.

The training will be designed to build confidence in dealing with emotional wellbeing issues and providing a toolkit to support children and young people's needs.

Education providers and Children's Services will be contacted to arrange training dates.

How to refer

The first step for young people, parents and carers or professionals is to follow the new Emotional Wellbeing/Behaviour Pathway which can be accessed at www.lincolnshire.gov.uk/ewb

It is anticipated that, where possible, all one to one and group appointments will be held at the child or young person's school and parents and young people will be encouraged to ask schools to support them to complete an Early Help Assessment.

Referrals need to be made through completion of an Early Help Assessment and **emailed to both:**

LPFT: lincs.spa@nhs.net

and the TAC administrator:

taadmin@lincolnshire.gcsx.gov.uk

Duty line

Advice will be available to professionals, young people and parents by contacting the duty line on **01522 309777**
Monday to Friday 9:30am-4:30pm